

**School Health Advisory Board
Alexandria City Public Schools
March 21, 2023
Meeting Minutes**

Welcome/Introductions (Deborah Akinyele, Chair)

I. Call to Order: 6:35PM

Attendance:

Member	Term Expiration	Term/Role
Deborah Akinyele	6/30/2024	First Term, Community Member
Bridget Baron	6/30/2024	First Term, Student
Kristin Donley	6/30/2024	First Term, CB/GW/ACHS, Staff
Fran Hazlewood	6/30/2024	Staff
Amanda Kelley	6/30/2024	First Term, ACHS
Ursula Rocha	6/30/2024	First Term, GWMS/ACHS, Staff
Kimberly Sawyer	6/30/2024	First Term, Community member
Nonvoting Representatives		
Dr. Robin Wallin	NA	Staff Liaison
Dr. Victor Martin	NA	Staff
Tammy Ignacio	NA	School Board Liaison

Guests attending:

- Tiya Jean-Pierre (Teen Wellnes Center, Nurse Practioner Supervisor)
- Mary Roth (Teen Wellnes Center, Nurse Practitioner)
- Michelle Rief-Parent/School Board
- Susan Nelson- School Board
- Ruthy Mercado-ACPS
- Brooke Curran- Move2Learn

- Fredy Martinez-ACPS
- Michael Akinyele- Community member
- Barbara Van Dahlen-Community member

Welcome/Introductions (Deborah Akinyele, Chair)

- Approval of the minutes of the 2/21/23 meeting (Ursula Rocha-Secretary)

Old Business

- Motion to table old business from February 21, 2023 meeting to the April 18, 2023 meeting
 - All in favor, no opposed

New Business-Training

- Opioids and Narcan Training: Fredy Martinez
 - Data
 - Current US data
 - Geographical impact-City of Alexandria
 - Current ACPS data
 - Onset usually MS
 - Bulk 9th grade
 - Polysubstance use
 - Recognizing Fentanyl: 6 out of 10 pills are laced.
 - Not detected during traditional blood testing.
 - Withdrawal curve vs. immediate availability of beds.
 - How do I refer a case to the Substance Abuse prevention team?
 - ACPS services do not include therapy. It follows the MTSS system of supports
 - Opportunity Seminar
 - ACPS policy
 - ACPS protocol
- Questions:
 - How to involve students?
 - Partnering with agencies to bring them to schools
 - Assemblies at secondary schools
 - Student-based power is important
 - Pamphlets for students as they come into the building
 - What is the storage condition of Naloxone
 - Above freezing to 104 degrees
 - Are coaches trainers? yes
 - Training:

- self-paced for staff
 - parent seminars
 - students training (secondary schools)
 - Partnership with Teen Wellness Center
 - Emma Beall

- REVIVE Training-Robin Wallin
 - Over 150 ACPS employees are trained
 - Standing order in VA, no prescription needed.
 - Legal Protections
 - Good Samaritan
 - Safe Reporting of Overdoses
 - Risk Factors for Opioid Overdose
 - What is Naloxone?
 - ACPS carries the Nasal Spray form
 - How does it work?
 - Within one-minute response
 - Short-time (30-90), anyone who receives Naloxene must be transported to the ER.
 - How to administer it?
 - Serious side effects are very rare
 - Steps to Respond to an overdose
 - When to give a second dose of Naloxene?
 - After 30-90 minutes
 - No initial response
 - Recovery Position
 - Administration video
 - Aftercare of a recovered person
 - Signs of an opioid overdose
 - Side effects of Fentanyl (between 1 to 5 minutes to respond)
 - Fentanyl withdrawal symptoms
 - Length of time before they can access medication
 - No access to medication may lead to relapsing
 - How do we address the education needs of children while on withdrawal?
 - How to protect yourself?
 - protective equipment
 - Wash hands (Do NOT use hand sanitizer)
 - Protect your eyes.

Announcements:

- SHAB presentation at School Board meeting postponed; date 4/20/23
- **Next Meeting** – April 18, 2023, 6:30-7:30 pm via Zoom

Adjournment at 7:44

Call by Deborah Akinyele